



The Thames
Clinic in
Kingston

ADDICTION

*When enough really
is enough*

Christmas - Merry or Not

You may be reading this thinking, what has addiction got to do with Christmas and New Year? Well, I'm not trying to spoil your fun, but I wonder if someone that you know and love is going to spoil your fun at Christmas and New Year because that is exactly what they do every day, and more so in the Festive Season.

For some people Christmas is child-oriented, for some it's a time for celebration, for others it's a time to eat more, drink more, spend more, or just let their hair down. It is a time of year when people give themselves permission to do things they normally wouldn't do.

Was last Christmas any different from your other Christmases? Can you remember it? Is it blurred? How did you behave? Did you drink as much as you usually do? Did your addiction give you a day off?

Let me ask you if any of these sound familiar?

"Please don't drink too much when we go out."

"Nobody ever invites us out anymore."

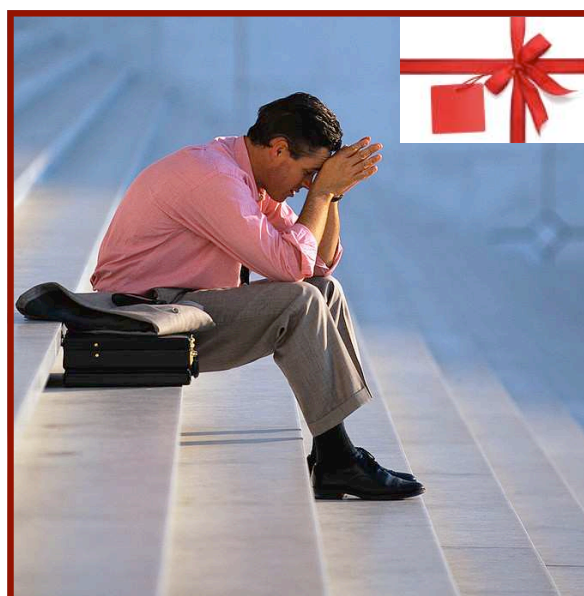
"Please leave the car keys at home."

"Please don't make me go home on my own again, you promised you wouldn't do this."

"I thought at least you could do this for the children, if not for me."

"Where have you been? You said you were going to be home early."

"Please don't show me up in front of my parents."



Lies, shattered dreams, broken promises.

Please don't think that the Festive season means goodwill to alcoholics and addicts unless they are seeking or getting help. Addiction is a selfish illness and Christmas is just another excuse to drink, get high or out of it.

So what is the answer? Stop putting up with your lives being controlled by someone else's unacceptable behaviour - give the only present that will change your lives - recognise that they need help and do it now, why would you wait, do you still believe that this year will be different? While some crash after a week-long bender only to wake up on Christmas Eve in rehab, others check themselves in a couple of weeks in advance just to be safe, they get to remember a very different Christmas and start the New Year afresh.

The Thames Clinic is open 365 days of the year and Christmas and New Year are usually pretty busy. Addictions don't take time off for Christmas and neither do we. It is an extremely poignant time of year for people who find themselves in detox; on one hand the family get to breath a sigh of relief and actually enjoy a Christmas without it being hi-jacked by addiction.

On behalf of our Team at the Clinic we wish you a Happy, Stress free and Peaceful Christmas and New Year.

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For help, advice or a free assessment.**